

HEALTH & HYGIENE (cont.)

	\$ 1.45 ALLERGY TABLETS **
	\$ 1.80 SALINE NASAL SPRAY **
	\$ 1.80 HYDRO-CREAM **
	\$ 2.50 MUSCLE RUB **
	\$ 5.05 VEGETABLE LAXATIVE **
	\$ 2.20 CALAMINE LOTION **
	\$ 2.10 MILK OF MAGNESIA **
	\$ 2.95 ANTACID **
	\$ 2.35 PEPTO **
	\$ 6.40 PREPERATION H **
	\$ 3.50 HEMORRHOID SUPPOSITORIES **
	\$ 5.70 TUCKS **
	\$ 7.75 ACID REDUCER **
	\$ 8.45 LACTAID **
	\$ 2.15 ARTIFICIAL TEARS **
	\$ 1.55 COLD RUB **
	\$ 1.65 A&D OINTMENT **
	\$ 1.70 ANTIFUNGAL CREAM **
	\$ 1.25 ACNE TREATMENT
	\$ 3.40 TRIPLE ANTIBIOTIC CREAM **
	\$ 4.45 LORATADINE **
	\$1.55 LAXATIVE PILL **
	\$ 0.90 ROLAIDS **
	\$ 8.45 ZANTAC **
	\$ 13.25 PRILOSEC **
	\$ 9.60 LAMASIL **
	\$0.90 NAIL CLIPPERS **
	\$1.15 TOE NAIL CLIPPERS **
	\$1.15 SLANT TWEEZERS **

MISCELLANEOUS

	\$ 4.00 TOILET PAPER
	\$ 2.50 COFFEE MUG
	\$ 2.45 ADDRESS BOOK
	\$ 0.80 SMALL ADDRESS BOOK
	\$ 4.10 CHESS PIECES
	\$ 0.75 HANDKERCHIEF
	\$ 1.05 SPOON & FORK SET
	\$ 7.70 RUBBERMAID BOWL
	\$0.95 CEREAL BOWL
	\$ 1.45 10x15 LEGAL ENVELOPE
	\$ 0.50 9X12 LEGAL ENVELOPE
	\$ 2.60 PLAYING CARDS
	\$ 1.65 PINOCHLE CARDS
	\$ 2.45 LOCKER MIRROR (PLASTIC)
	\$ 0.50 PENCILS (4 pack)
	\$ 0.40 INK PEN
	\$ 10.40 LARGE PHOTO ALBUM
	\$4.95 LG PHOTO ALBUM REFILL
	\$ 4.55 CLEAR PONCHO
	\$ 1.50 COPY PAPER
	\$ 1.75 WIRELESS NOTEBOOK
	\$ 1.70 ENVELOPES
	\$ 8.95 LED BOOK LIGHT
	\$ 3.80 NON-LED BOOK LIGHT BULB
	\$ 2.95 SPORTS BOTTLE

VITAMINS

	\$ 4.10 MULTI **
	\$ 3.25 VITAMIN C **
	\$ 2.60 VITAMIN E **
	\$ 2.45 CALCIUM TABS **

HAIR CARE

	\$ 2.15 NEXT ONE SHAMPOO *
	\$ 1.60 SUAVE CLEAR
	\$ 1.70 VO5 CONDITIONER *
	\$ 3.15 SUAVE 2 & 1 *
	\$ 6.90 HEAD & SHOULDERS *
	\$ 7.70 SELSON BLUE
	\$ 6.40 T-GEL SHAMPOO
	\$ 6.35 AFRICAN PRIDE *
	\$ 2.45 MURRAY'S POMADE *
	\$ 1.80 BLUE MAGIC HAIR GREASE *
	\$ 6.10 SULPHUR 8 *
	\$ 2.45 LOC TWIST & BRAID GEL
	\$ 5.50 PINK OIL MOISTURIZER *
	\$ 2.80 NEXT ONE HAIR GEL *
	\$ 8.25 HAIR RELAXER KIT
	\$ 1.25 PONYTAILERS *
	\$ 0.65 BLACK RUBBERBANDS
	\$ 0.50 PALM BRUSHES *
	\$ 0.50 AFRO PICK *
	\$ 2.20 BRUSH & COMB SET *
	\$ 2.35 DO RAG

COFFEE/ CREAMER

	\$ 7.95 TASTERS CHOICE ( K )
	\$ 7.50 MAXWELL HOUSE( K )
	\$ 3.40 COLUMBIA ( K )
	\$ 3.30 COLUMBIA DECAF ( K )
	\$ 3.45 FRENCH VANILLA CREAMER
	\$ 1.85 COFFEE CREAMER ( K )

DRINK MIX

	\$ 1.70 POWDERED MILK ( K )
	\$ 1.65 SUGAR TWIN ( K )
	\$ 1.85 COCOA ( K )
	\$ 1.85 HAWAIIAN PUNCH (K) S/F
	LEMON-BERRY
	\$ 1.85 HAWAIIAN PUNCH ORANGE (K)
	\$ 0.80 GATORADE-RIPTIDE RUSH
	\$ 4.80 NESTEA TEA BAGS (K)

CANDY & NUTS

	\$2.30 TOOTSIE POPS
	\$ 1.50 SUGAR FREE WILD FRUIT
	\$ 1.85 FRUIT NUT MIX
	\$ 1.85 SALTED PEANUTS
	\$ 3.50 CASHEWS ( K )
	\$ 0.50 HONEY TOASTED PEANUTS ( K )
	\$ 4.20 M&M
	\$ 1.30 CHOCOLATE BAR
	\$ 1.20 NESTLE CRUNCH BAR
	\$ 0.85 WHITE CHOCOLATE BAR (K)
	\$ 0.85 BUTTERFINGER
	\$ 0.85 TWIX
	\$ 0.85 FAST BREAK
	\$ 0.85 SNICKER BAR ( K )
	\$ 1.80 ULTRA FIT BAR

INSTANT FOODS & SOUPS

	\$ 0.25 RAMEN CHICKEN
	\$ 0.25 RAMEN BEEF
	\$ 0.25 RAMEN CHILI
	\$1.50 6 PACK ANGUS BEEF NOODLES

INSTANT FOODS & SOUPS

	\$ 0.45 CHILI LIME SHRIP
	\$ 0.45 CUP-O-SOUP HOT VEG
	\$ 0.45 CUP-O-SOUP CHICKEN
	\$ 0.45 CUP-O-SOUP PIQUIN CHILI SHRIMP
	\$ 2.45 OATMEAL- REGULAR ( K )
	\$ 2.55 OATMEAL - VARIETY ( K )
	\$ 0.60 MAC-N-CHEESE
	\$ 1.30 REFRIED BEANS ( K )
	\$ 1.50 CHORIZO BEANS
	\$ 1.15 WHITE RICE ( K )
	\$ 0.80 BROWN RICE
	\$ 1.35 RED BEANS & RICE
	\$ 2.45 FRUIT & NUT CEREAL ( K )
	\$ 4.85 CINNAMON TOASTER CEREAL
	\$ 0.75 SPANISH RICE

MEATS/FISH

	\$ 3.50 ROAST BEEF ( K )
	\$ 3.50 SHREDDED BEEF
	\$ 1.75 CHILI WITH BEANS
	\$ 1.90 CHILI NO BEANS
	\$ 1.65 BEEF STEW
	\$ 3.30 PINK SALMON STEAK ( K )
	\$ 1.85 HALAL BEEF SAUSAGE
	\$ 1.05 MACKEREL ( K )
	\$ 1.30 SPAM (BAG)
	\$ 1.95 PINK SALMON ( K )
	\$ 3.85 CHICKEN (7 OZ)
	\$ 1.55 TUNA (BAG) ( K )
	\$ 1.40 KIPPERED SNACK ( K )
	\$ 1.75 VIENNA SAUSAGE
	\$ 1.50 ALBACORE WHITE TUNA ( K )
	\$0.45 TURKEY STICK
	\$ 1.60 BEEF SUMMER SAUSAGE
	\$ 1.60 HONEY TURKEY LOG
	\$ 1.80 TURKEY DELI BITES
	\$ 1.85 PEPPERONI SLICES
	\$ 1.85 SALAMI SLICES
	\$ 1.70 SPICY BEEF SUMMER SAUSAGE
	\$ 1.65 JACK MACKERAL (K)
	\$ 1.70 TURKEY SLICES
	\$ 0.75 LIL DUDE SAUSAGE
	\$ 3.65 BEF JERKY

CONDIMENTS

	\$ 1.50 EL POTO HOT SAUCE
	\$ 1.70 BBQ SAUCE ( K )
	\$ 1.15 ADOBO (K)
	\$ 1.15 SEASONING SALT ( K )
	\$ 1.15 GARLIC POWDER ( K )
	\$ 1.15 CHOPPED ONIONS
	\$ 1.60 GOYA SEASONING
	\$ 1.20 SOY SAUCE ( K )
	\$ 2.40 OLIVE OIL ( K )
	\$ 0.70 LEMON JUICE ( K )
	\$ 1.95 MAYONNAISE ( K )
	\$ 1.30 SALT & PEPPER SHAKER ( K )
	\$ 1.85 JALAPENO PEPPERS ( K )
	\$ 2.75 HOT SAUCE ( K )(SRIRACHA)
	\$ 0.45 GARLIC (2 pack) ( K )
	\$ 3.25 MRS. DASH
	\$ 1.75 SWEET&HOT SAUCE
	\$ 1.70 CHILI GARLIC SAUCE
	\$ 2.95 SUGAR FREE HONEY

SANDWICH & CHEESE SPREAD

	\$ 1.40 MILD CHEESE CUP
	\$ 2.70 JALAPENO SQUEEZE CHEESE
	\$ 1.40 PARMESAN CHEESE
	\$ 0.30 SQUEEZE CREAM CHEESE
	\$ 1.65 MOZZARELLA CHEESE (BLOCK)
	\$ 1.55 JALAPENO CHEESE BLOCK
	\$ 0.90 MOZZARELLA CHEESE (PACK) ( K )
	\$ 0.65 SQUEEZE CHEESE (PACK)
	\$ 2.10 PIZZA SAUCE
	\$ 3.20 PIZZA KIT (2 9-INCH) ( K )
	\$ 2.15 PEANUT BUTTER ( K )
	\$0.30 A-1
	\$0.45 RANCH DRESSING

CHIPS

	\$ 1.20 PRETZELS ( K )
	\$ 1.95 NACHO TORTILLA
	\$ 1.30 PLAIN CHIP
	\$ 0.85 PORK SKINS
	\$ 2.05 PLAIN TORTILLA
	\$ 0.55 BUFFALO PIECES
	\$ 1.20 BBQ CORN CHIP
	\$ 1.60 CHEX MIX

DRINKS - 6 PACK ONLY

	\$ 1.95 COKE
	\$ 1.95 DIET COKE
	\$ 1.95 SPRITE
	\$ 1.95 MR. PIBB

CRACKERS &CRUST

	\$ 2.05 SALTINE CRACKERS ( K )
	\$ 2.00 WHEAT CRACKERS ( K )
	\$ 2.05 CINNAMON GRAHAM CRACKERS ( K )
	\$ 3.30 RITZ CRACKERS ( K )
	\$ 1.30 FLOUR TORTILLA (10 PK) ( K )
	\$ 1.05 CORN TORTILLA

SNACKS

	\$ 0.75 DILL PICKLES (K)
	\$ 1.95 PUDDING CUPS (VANILLA) (K)
	\$ 2.40 RAISIN (6 pack) ( K )
	\$ 2.80 PRUNES
	\$ 2.90 PITTED DATES
	\$ 0.50 POPCORN (NATURAL)/SINGLE PK. (K)
	\$ 1.65 POPCORN (BUTTER) ( K )
	\$ 0.65 KETTLE CORN/ SINGLE PK.
	\$ 2.05 GRANOLA BARS ( K )

CAKES & COOKIES

	\$ 1.55 NUTTY BARS
	\$ 1.50 OATMEAL CREAM PIE ( K )
	\$ 1.40 FIG NEWTON ( K )
	\$ 0.65 HONEY BUN ( K )
	\$ 2.70 CHIPS AHOY ( K )
	\$ 1.85 VANILLA WAFERS ( K )
	\$ 1.55 POP TARTS ( BLUEBERRY)
	\$1.40 VANILLA CRÈME COOKIE

ICE CREAM ( LIMIT 2 EACH )

	\$ 1.95 CHOCOLATE CHAMPION PINT
	\$ 0.75 ICE CREAM SANDWICH

FROZEN SANDWICH(LIMIT 2)

	\$ 1.30 CHEESEBURGER
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HOLIDAY ITEMS AVAILABLE

	\$ 1.35 CLAMS
	\$ 2.45 MINI DONUTS

*	Items may be purchased on commissary restriction
**	OTC Meds
***	Local use only
****	Purchase by SPO Only
(K)	Items Kosher/Halal Approved
	Holiday Items available while sulplies last

PLACE SUGGESTIONS HERE

UPDATED 4-4-2011 WD

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Warden